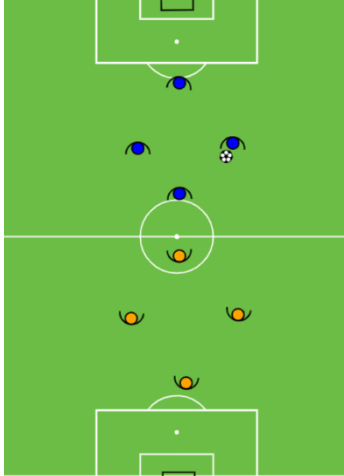
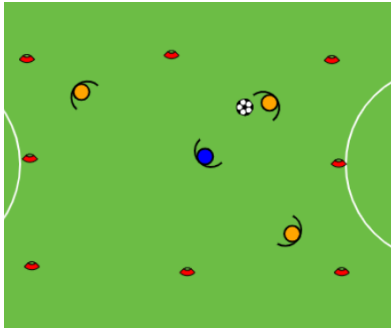
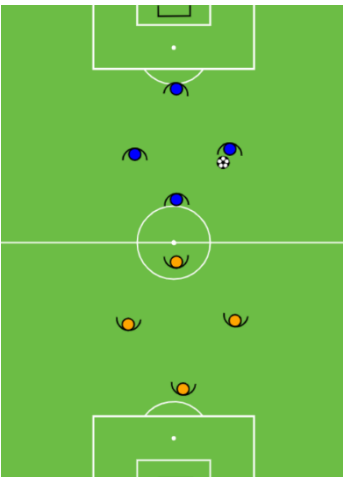


Recreational Soccer Program Curriculum

Phase 1: Play	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U8 players with 1 goal (mini goal or regulation sized goal) at each end-line.</p> <p>As players arrive for practice, put them into a team and have them play the game in a free play style. They can start 1v1, 2v2, or with a numbers-up setup like 2v1, 3v2.</p> <p>Maximum: Two teams of 4 players each.</p>		<p>Coaching Points: Head Up Spread Out Find Open Teammate Score Goals Work Together Pass to Teammates</p> <p>Total Activity Time: 20 Minutes</p>
Phase 2: Practice	Exercise	Coaching Points
<p>Set-up a 12x12 grid for a group of 4 players with 3 attackers and 1 defender.</p> <p>The 3 attackers try and keep the ball away from the defender in a monkey in the middle style game. When the attacking team loses the ball or the defender steals it, the player who lost the ball becomes the new defender.</p> <p>Tip: Use a training penny that the defender holds to switch roles.</p>		<p>Coaching Points: Head Up Spread Out Find Open Teammate Work Together Pass to Teammates</p> <p>Progressions: How many total passes can a group get in 1 minute (with the same defender)? Add the whole group and add a second defender (6v2), After a teammate passes, they must run around an outside cone.</p> <p>Total Activity Time: 20 Minutes</p>
Phase 3: Play	Exercise	Coaching Points
<p>Set-up a 30x25 Grid for U8 players with 1 goal (mini goal or regulation sized goal) at each end-line.</p> <p>We want the players to continue to play the game in the final part of practice. Return to the game from Phase 1 and encourage them to utilize their from Phase 2.</p> <p>Maximum: Two teams of four players each.</p>		<p>Coaching Points: Head Up Spread Out Find Open Teammate Score Goals Work Together Pass to Teammates</p> <p>Total Activity Time: 20 Minutes</p>